

Basic Report 35091, Fish, whitefish, broad, head, eyes, cheeks and soft bones (Alaska Native)

Report Date: May 30, 2017 20:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	76.30
Energy	kcal	107
Protein	g	18.60
Total lipid (fat)	g	3.60
Carbohydrate, by difference	g	0.00
Minerals		
Iron, Fe	mg	3.90
Phosphorus, P	mg	242
Vitamins		
Lipids		
Amino Acids		
Other		